1:Heckewelder M-5 (ca. 1800)1819
NM7 Delaware NM7

The hunter prefers going out with his gun on an empty stomach; he says, that hunger stimulates him to exertion by reminding him continually of his wants, whereas a full stomach makes a hunter easy, careless and lazy, over thinking of his home and losing his time to no purpose. With all their industry, nevertheless, and notwithstanding this strong stimulant, many a day passes over their heads that they have not met with any kind of game, nor consequently tasted a morsel of victuals; still they go on with their chase, in hopes of being able to carry some provisions home, and do not give up the pursuit until it is so dark that they can see no longer.

The morning and evening, they say, are the precious hours for the hunter. They lose nothing by sleeping in the middle of the day, that is to say, between ten o'clock in the morning and four in the afternoon, except in dark, cloudy and rainy weather, when the whole day is nearly equally good for hunting. Therefore the hunter, who happens to have no meat in the house, will be off and in the woods before day-light, and strive to be in again for breakfast with a deer, turkey, goose, bear, or racoon, or some other game then in season. Meanwhile, his wife has pounded her corn, now boiling on the fire, and baked her bread, which gives them a good breakfast. If, however, the husband is not returned by ten o'clock in the forenoon, the family take their meal by themselves, and his share is put aside for him when he comes home.

The Indians have a number of manners of preparing their corn. They make an excellent pottage of it, by boiling it with fresh or dried meat (the latter pounded), dried pumpkins, dry beans, and chesnuts. They sometimes sweeten it with sugar or molasses from the sugar-maple tree. Another very good dish is prepared by boiling with their corn or maize, the washed kernels of the shell-bark or hickory-nut. They pound the nuts in a block or mortar, pouring a little warm water on them, and gradually a little more as they become dry,